

WHAT IS CLAIMED IS:

1. A food for testing for detecting metabolic factors in life style-related diseases comprising 100 parts by weight of carbohydrates and from 20 to 40 parts by weight of fat.
2. The food for testing for detecting metabolic factors in life style-related diseases according to claim 1 comprising from 73 to 77 grams of carbohydrates and from 15 to 30 grams of fat in terms of single test ingestion.
3. The food for testing for detecting metabolic factors in life style-related diseases according to claim 2, wherein the food for testing for detecting metabolic factors in life style-related diseases is in the form of a cookie and provides from 460 to 600 kilocalories of ingestion calories in terms of a single test.
4. The food for testing for detecting metabolic factors in life style-related diseases according to any one of claim 1 to claim 3, wherein the life style-related disease is one, two or more diseases selected from the group consisting of diabetes, obesity, circulatory disease, hyperlipemia, hyperuricemia, hyperinsulinemia, and hypertension.
5. The food for testing for detecting metabolic factors in life style-related diseases according to any one of claim 1 to claim 4, wherein the metabolic factors in a life style-related disease is one, two or more factors selected from a group consisting of glucose, insulin, apolipoprotein B, high density lipoprotein,

low density lipoprotein, triglyceride and remnant-like particles, and insulin resistance.

6. A diagnostic method for life style-related diseases, which comprises subjecting an examinee to ingestion of a food for testing for detecting metabolic factors in life style-related diseases containing 100 parts by weight of carbohydrates and from 20 to 40 parts by weight of fat, collecting blood from the examinee by a time course and testing for metabolic factors in life style-related diseases, and comparing results with a result obtained before ingestion, thereby learning of any change in the metabolic factors in life style-related diseases and judging the presence or absence of the abnormal value.

7. The diagnostic method for life style-related diseases according to claim 6, wherein a food for testing for detecting metabolic factors in life style-related diseases containing from 73 to 77 grams of carbohydrates and from 15 to 30 grams of fat in terms of a single test ingestion is ingested.

8. The diagnostic method for life style-related diseases according to claim 7, wherein a food for testing for detecting metabolic factors in life style-related diseases is in the form of a cookie and provides from 460 to 600 kilocalories of ingestion calories in terms of a single test is ingested.